



## How to build a success mindset

Let me give it to straight, all the strategy in the world will not work if your mindset is a mess. And by a mess I mean, you think and speak negatively about your business and allow fear to keep you back from being great!

In this month's training,

### We will cover:

1. What a success mindset looks like
2. Some techniques to harness this mindset
3. How to stay consistent with this mindset
4. How this affects your strategy

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### Let's start:



## What a success mindset looks like

When people hear others talk about mindset they immediately put up a barrier because they cannot envision how it is tied into their business.

But we all suffer with a lack of proper mindset when we first start to build our business. This includes

1. Saying negative things to ourselves like we cannot afford xyz, or that things are always hard or I am BROKE
2. Thinking negative things because the thinking is just as powerful as the saying like people will not pay what I want to charge
3. Complaining to anyone who will listen about how hard life and business is
4. Not believing that we deserve success or money or prosperity. We say we believe it but we do not act like we do

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When we talk about a success mindset we are simply talking about what you believe to be true for you. (It is different for everybody)

**Make a list of the things you believe you deserve in your life and your business**

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Next step is to start to change the way we speak and think about ourselves and your business. You will be surprised how many negative things we say to ourselves on a daily basis without actually realizing it, because we have become accustomed to saying it. For this exercise, I want you to spend 3-5 days being very conscious and aware of what you are saying and thinking about your business and write out every negative thing you say. Yes you have to acknowledge it if you want to see a change





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Next I want you to spend the next 3-5 after you have written the negative things and write out the opposite positive thing to that negative thing. Because this will help you realize that there are 2 sides to a story and the positive thing is more likely.

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## Techniques to harness a success mindset

Next I want you to start to formulate some I AM statements. These statements are taken from the positive things you have written above and are called affirmations! They are positive things about yourself and your business. Write them here and say them to yourself for 10-15 minutes every morning and every evening. Eg. I am a success, I am a victor, I am a money magnet, I am filthy rich, I am happy and healthy, I am grateful, I am blessed, I am the best at what I do etc.





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Next I want you to intentionally write out in very specific words what you want your business to look like and feel like over the next 3 months. Be as specific as you can about it and remember it is your dream and nobody can take it away from you

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### How to stay consistent

Like everything else if you want to stay consistent with it, you have to set up a schedule until it becomes a habit like eating or bathing. At first this is not always easy but there are some ways to make it happen.

Set your alarm for a specific time each day (weekend included) to say your affirmations and do your gratitude

	Morning	Midday	Night
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			



